

Vol. 37 No. 2

# ST. LOUIS ARMY ENGINEER DISTRICT **ESPRIT**

GATEWAY TO EXCELLENCE

February/March 2000

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## Feld new Con-Ops Chief

By Terrie Hatfield, PA

Wally Feld has been selected as Chief, Construction Operations Readiness Division. Wally has served the District in various roles in the Design, Navigation and Operations areas for 35 years. Wally has been the Con-Ops Assistant Division Chief

for many years. He is well known to the Navigation Industry, the U.S. Coast Guard, and the local lake communities, as well as the Corps.



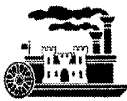
Wally's new duties will include oversight of the District's construction, quality assurance, navigation, emergency operations, regulatory program, natural resource management, operational and maintenance budgets, facilities and floating plant. Among Wally's recent endeavors are the use of federal prisoners at Carlyle Lake to accomplish well over \$100,000 of unfunded work; successful resolution of the President Casino major permit request to the satisfaction of all interests with innovative use of risk analysis and pilothouse simulator; and participating with the EEO staff to present a lunch and learn session on "wage grade women."

Wally has developed a long-standing relationship with the navigation industry. Because extended lock closures create serious and adverse economic impact to the barge industry, and because the Corps must occasionally impose an extended lock closure for repair or other reasons, the trust that Wally has built with the industry is a critical tool in maintaining the valued partnership between the Corps and the navigation industry.

Wally received his BS in Civil Engineering from St. Louis University and his MS in Civil Engineering from the University of Missouri at Rolla. He is a member of ASCE and is a Registered Professional Engineer in the state of Missouri. Wally likes to participate in several sports, and has recently taken up the game of golf. He likes to work around the house, maintain his flower garden and has a growing interest in drawing and painting.

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## Commander's Perspective



**Col. Michael R. Morrow**

**"I could not get out and do what I love doing... if it were not for the professional executive office team..."**

I was out at Locks 27 last month checking on the chain replacement job when one of the guys asked me, "Colonel, do you ever get to the District Office in St Louis?" I assumed he was giving me an off-handed compliment because I was out on the project. I smiled and said "of course, why?" He replied, "Next time you're there, could you pick me up a couple of those fancy T-shirts they have in that display case?" I laughed and said I would be glad to. Part of the problem with getting out and about as much as I do is that folks can take it for granted that I will show up. I could not get out and do what I love doing, seeing the projects and visiting with people, if it were not for the professional executive office team that makes it happen.

Gerry Barnes works hard to keep me in the loop on PM issues and goes out of his way to sensitize me to the latest events. Jennifer Watkins works long hours to keep all the congressional and local political people informed. She takes the load off my shoulders, keeps me informed and handles an ever-changing, often-chaotic schedule with professionalism and dignity. Linda Collins has the dubious task of keeping my schedule, changing my schedule and changing the changes. She has to put up with my demands to get out and see projects and visit people. She does this with grace and common sense and keeps the office informed and running. She has even trained me, not an easy task. When she broke her leg before Thanksgiving and was in a cast she taught me to carry my own paper work and which basket to put it in. She told me that the wastebasket was not an option. Come to think of it, this is February and I am still running papers, I better make a note to check on that. Dee Ebert carries the ball for me when Linda is out and has the dubious honor of trying to match Gerry's and my schedules. She always accomplishes her missions with a smile and adds warmth and kindness to the office. Venetia Chapman, our stay in school secretary, helps out with the overload. She is courteous and always has a smile, even on the most hectic of days.

I would be remiss if I didn't mention the Executive Officer, Major Emmett Wood. Woody, as he is known throughout the halls, is the behind the scenes guy who gets everything done. He stays in the office so I can get out and visit people, tour projects and go on the 'occasional' TDY trip. Woody is the consummate professional, always checking and rechecking to ensure everything gets done. He is truly my right hand.

So the next time you see me out and about, remember that there is an entire executive team that has worked hard to make my visit possible. I could not do my job without these dedicated professionals.



**US Army Corps  
of Engineers**  
St. Louis District

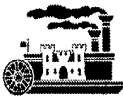
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## News Briefs

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### Lake Shelbyville:

#### **New ranger**

Lake Shelbyville has recently welcomed aboard Jeremy Jackson as a Park Ranger in the Natural Resources section. Jeremy comes to us from Wappapello Lake where he has been a co-op employee in the Facilities Management and Natural Resources sections.

Jeremy is a graduate of Southwest Missouri State with a degree in Wildlife and Conservation Management. His wife, Melissa, is currently a student at Southeast Missouri State. We hope they will both be very happy with us up here at beautiful Lake Shelbyville.



Jeremy replaced Bill Campbell who recently took a position with the Corps at Tombigbee Waterway Project in Northeastern Mississippi.

### Wappapello Lake:

#### **NRRS team**

The 1999 recreation season was frustrating and a trying experience for Wappapello Lake as well as other lakes within our District. The Wappapello Lake staff went to great lengths to revolutionize the effectiveness of the new National Recreation Reservation System. We built a team consisting of Park Rangers, contract gate attendants and our customers. This team played a major role in the successful implementation of the new system at Wappapello Lake.

We have received recognition for our successful implementation of  
(Continued on page 4)

### **St. Louis District Employees of the Month**



The St. Louis District's Employee of the Month for February was Ms. Pat Wohlschlaeger. Her proactive efforts leading up to submission of payroll and her prompt resolution of problems occurring after shipment of the District payroll ensured that everyone's pay remained unaffected by Y2K. Pat also processed the District's entire CFC contributions in less than four days prior to the required suspense.

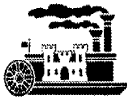
Congratulations to Pat Wohlschlaeger, our February Employee of the Month.



The Employee of the Month for March is Ms. Kathy Engelmann. Kathy has had to "surge" in support of data calls, one for FUSRAP and the other in preparation of budget briefings to MVD. Her responsiveness and hard work resulted in an additional \$7 million for the District's FUSRAP program. Her attention to detail and continued dedication to our mission resulted in a first class package of information which MVD will use to prepare its briefing to the Chief of Engineers and which the Chief will use in his briefing to Congress.

Congratulations to Kathy Engelmann, Employee of the Month for March.





## News Briefs (cont.)

this new system from other districts. The Rock Island District requested the assistance of Park Ranger Diane Stratton to conduct Park Office Practical Training for their district and field site employees. Mrs. Stratton traveled to Coralville Lake, Iowa, where the training was held on January 12 and 13.

Because of the delay in computer deployment, the Rock Island District was only able to implement the Park Office system for two weeks at only one of their recreation areas during the FY 99 recreational season. Mrs. Stratton provided some basic operations information, guidance on the day to day operations which make the system more customer friendly and finally lessons learned from experience during FY 99 recreation season. As a result of Diane's knowledge of the programs, she has been asked to teach the National Park Office Refresher Training at various locations throughout the U.S.

## Tree planting

The contract for tree planting of mitigation lands associated with the elevation of State Highway D is out for solicitations. About 1000 trees will be planted on project lands.

## Safety Meeting

The second annual Partnering for Safety Meeting was held at Tan-Tar-A Resort, Lake of the Ozarks, Missouri, on February 15 and 16. Attendees represented the St. Louis, Kansas City, Little Rock and Rock Island Districts of the Corps of Engineers, the Missouri Division of Highway Safety, Missouri State Highway Patrol, Missouri State Water Patrol and Missouri Department of Public Safety.

A list of three long range major partnership projects was developed that will be initiated on a state-wide level. A list of eight simple partnership projects was developed and will

be implemented on a local or regional level this year. Two major items were tabled until next year's meeting to allow adequate time to obtain more specific detail on the topics.



Diane Stratton facilitates Partnering for Safety meeting as attendees take notes.

## Carlyle Lake:

### New fire boat

The city of Carlyle Fire Department, through a \$20,000 state grant secured by Illinois State Representative Kurt Granberg, has recently acquired a new 16-foot Rescue One fire boat.



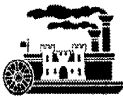
Rescue One is equipped with a deluge gun (snorkel), a dive and rescue platform on the front of the boat and a thermal-imaging scanner.

The craft, the first of its kind on Carlyle Lake, will be a great asset to agencies of the surrounding communities and the Carlyle Lake Project.

## Waterfowl signs

The Carlyle Lake Project Office was the recipient of 30 signs reminding waterfowl hunters that Trumpeter and Tundra Swans share the lake with other migratory waterfowl, such as Snow Geese. These informational signs are posted at all boat ramps and access areas around the lake. The Mississippi Valley Duck and Goose Hunters Association, Carlyle Lake Waterfowlers Association, Carlyle Lake Ducks Unlimited Chapter and the Migratory Waterfowlers donated the signs. These dedicated waterfowl organizations are reminding other waterfowlers to "Don't Make A Mistake" and make sure to properly identify their target before the shoot.

(News Briefs continued on page 5)



## Berti new manager at Lake Shelbyville

By Pam Doty

Dave Berti has been selected to replace Winston Campbell as the new Operations Manager at Lake Shelbyville.

Dave began his career with the District in 1976 at Rend Lake as a park ranger. After ten years he was appointed Assistant Project Managers at Mark Twain Lake. He was also the supervisor of the hydropower plant at Mark Twain.

Dave earned his Bachelors degree in Forestry at Southern Illinois University in 1976 and a Masters in Wildlife Biology in 1979.

Dave's wife, Susan, earned her Bachelor's degree in Elementary Education from Bradley University in Peoria and her Masters in Special Education at Southern Illinois University. She has been employed for over ten years as a Gifted Program Instructor for the Palmyra R-1 School District in Palmyra, Missouri. The Berti's have a daughter, Alison, who is a sophomore at Truman State University, majoring in Communications Disorders, and a son Michael, who is in eighth grade at Palmyra Middle School.

According to Dave, his goals for Lake Shelbyville include, "Seeing that the customer walks away with a good feeling about Lake Shelbyville - that they feel their tax dollars are being spent wisely, that the opportunities they come here expecting are indeed here, and that the quality of service is what they expected."

Dave's hobbies include duck and deer hunting, fishing and golf.

He began his duties as Operations Manager on February 27.

## Stilts new manager at Wappapello Lake

By John Daves

The U.S. Army Corps of Engineers at Wappapello Lake recently announced the selection of Gary G. Stilts as Operations Manager for the project. Mr. Stilts fills the vacancy left by Mike McClendon. He began his career at the lake in 1982 and has been the Assistant Operations Manager for twelve years. Before 1982, Gary was a fisheries biologist with the Fish and Wildlife Service.

Gary grew up on a farm at Gipsy, Missouri, which is about 25 miles from the lake project. He graduated from Zalma High School in 1971. He attended the College of the Ozarks at Point Lookout, Missouri, and graduated with a Bachelors of Science Degree in Biology in 1975. For the past 18 years, he has lived in Wayne County with his wife, Becky, and their three sons, Greg, Doug, and Cody.

Becky is a member of the faculty of the Zalma R-5 School District. Gary is currently serving his seventh year on the Puxico R-8 School Board and his third on the Peoples Community Bank Board of Directors.

"My goal", Stilts said, "is to continue on the path that made Wappapello Lake the Natural Resources Project of the Year for 1999. I will continue to emphasize improving our programs in flood damage reduction, natural resource management, recreation, safety, public relations, interpretive services, and outreach programs. The rules we follow have not changed."

He stated that he is available to the public at all times, adding, "I am a good listener. If you have concerns, please feel free to come in or call me."

## News Briefs (cont.)

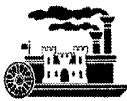
### District headquarters:

### Ebmeier retires



Kathy Ebmeier retired with 20 years of service. She was presented the Commander's Award for Civilian Service by Division Commander MG Phillip R. Anderson, while receiving some high-priced baby sitting for her granddaughter.

(Continued on page 6)



## News Briefs (cont.) Award for Marshall



Congratulations to Daniel P. Marshall, who was recognized for his exceptional contributions during his 36 plus years of service at the St. Louis District with a Commander's Award. During his tenure, Dan served in several capacities. He has worked as a design engineer, project manager, and economist. As a model of versatility and adaptability, Dan continuously exhibited the technical knowledge, skills, and abilities to get results. His competence was complimented by his exemplary role as a team player. According to his supervisor, Diane Karnish, "Dan's attitude and abilities gave life to our mission and vision. His performance and dedication reflect great credit upon himself, the St. Louis District, and the U.S. Army Corps of Engineers."

### Rend Lake:

## Lewis honored

Andrea Lewis is one of several professional women honored in a special exhibit put together by The President's Council for Women in Higher Education at Southwest Texas State University entitled "Southwest Texas Women: The First Hundred Years". The photo exhibit honors past female graduates of SWTSU

who have gone on to lead professional careers in their field of study. Mrs. Lewis graduated with a degree in wildlife biology in 1988 shortly before she began her career with the Corps of Engineers.

## Facilities upgrade

With the recent emphasis by the Chief of Engineers on modernizing recreation facilities, Rend Lake will embark on modernizing the comfort stations in the South Marcum campground. The present comfort stations are original wood structures with pit toilets. These structures have reached the end of their serviceable life and have been subjected to years of animal, water, and insect damage. Further compounding the need for modernization, the visitation to this campground has increased dramatically since the area was first constructed.

The President's budget for next year contains \$1.52 million to modernize South Marcum campground. In an effort to reduce future operation and maintenance, Rend Lake plans to consolidate some of the comfort stations to centralize needed facilities. Comfort stations and vaults will be removed and replaced with waterborne (flush), concrete block, and universally accessible comfort stations. One of the comfort station buildings in a popular loop that is distant from the main shower building will be replaced with a mini-shower facility that is badly needed to augment the facilities in this section of concentrated use. The two comfort stations in Beaver Lodge loop will be replaced with one new modern facility. Additional sewer lines and lift stations will be added to these loops to service the new waterborne facilities.

## Neal scholarship

STEP Park Ranger at Rend Lake, Corbett Neal, has been selected as the recipient of the Southern Illinois University Department of Microbiology Alumni Scholarship. The scholarship, awarded by the College of Science and Microbiology faculty, is based on personal and academic achievement.

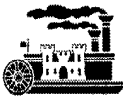
Corbett is an undergraduate at Southern Illinois University at Carbondale and will complete dual bachelor's degrees in Microbiology and Biological Sciences this spring. She plans to continue her education in a genetic counseling graduate program. She has worked in the Interpretive Services and Outreach Program at the lake for the past three summers.

## Feld (continued)

Wally has been married to Kathy Feld, a Social Science Technician in the Engineering Division's Curation and Archival Research Branch for 30 years. Wally and Kathy are the parents of two children, Kerry, 23, who attends St. Louis University Law School at night, and Dan, 21, a senior at Bellermine College in Louisville, KY.

## Education begins at home

A study by Harvard School of Public Health shows that 43 percent of college students are binge drinkers. Further, more than a third of them were binge drinking when they started college. A separate study shows a relationship between substance abuse and the lack of close family connections, especially between kids and fathers.



# Employee casualty assistance policy

By Eva Beckner, HR

Under the direction of COL Michael Morrow, the St. Louis District has distributed letters to all employees informing them and their family members what to do in the event of an emergency or death of an employee. This letter serves as valuable information, especially for family members, in a time of crisis.

In conjunction with this letter, COL Morrow has issued a Casualty Assistance Policy. This new policy assists and guides those called upon to aid family members following the death of an employee. Although the HR Office has, for many years, personally and compassionately assisted bereaved or otherwise distressed families of employees, always going far above and beyond merely assisting in completion of forms, this is the first time the St. Louis District has issued an official policy of this nature.

In his concern for all District employees, COL Morrow has also tasked all managers, supervisors, and employees to be aware of the Employee Assistance Program (EAP). This program offers FREE information and assistance to employees or immediate family members who wish to speak with a Federal Occupational Health EAP Counselor. The EAP covers a variety of concerns such as marital, financial, and family problems; drug and alcohol dependency; emotional and job stress/conflicts; dealing with health problems; coping with family tragedies, deaths and more and is highly confidential.

Sometimes, the effect of life's pressures is so subtle that individuals may become depressed and not even realize it. Depression, left unchecked,

could become so severe as to bring on the risk of suicide or violence against others in the workplace. Within the District the EAP is the source of support for those individuals whose financial, personal or professional lives may cause them to experience depression.

Everyone should be alert to the signs of depression in their fellow employees, and should know how to alert supervisors discretely and with care concerning support services for a co-worker or for themselves.

Training in stress management and coping skills is of great value in the overall prevention effort. The Human Resources office is working with the EAP professionals to provide stress management training sessions for employees and supervisors in the near future.

Here are some tips to assist you in recognizing depression and danger signals until formal training is offered. Depression is characterized by the following symptoms:

- (1) Poor appetite or significant weight loss or increased appetite or significant weight gain.
- (2) Change in sleep habits, either excessive sleep or inability to sleep.
- (3) Behavioral agitation or a slowing of movement.
- (4) Loss of interest or pleasure in usual activities or decrease in sexual drive.
- (5) Loss of energy or fatigue.
- (6) Complaints or evidence of diminished ability to think or concentrate.
- (7) Feelings of worthlessness, self-reproach, or excessive guilt.
- (8) Withdrawal from family and friends.
- (9) Drastic mood swings.

(10) Sudden change in behavior.

Immediate danger signals are:

- (a) Talking about or hinting at suicide or causing harm to others.
- (b) Giving away possessions and making a will.
- (c) Obsession with death, sad music or sad poetry. Themes of death in letters or art work.
- (d) Making specific plans to commit suicide and access to lethal means.
- (e) Buying a gun.

If you need immediate assistance, EAP counselors are available at 1-800-222-0364, 24 hours a day, 7 days a week. The onsite counselor, Mary Carol Strauss-Barrett, is available Mondays and Thursdays, and can be reached at 314-539-7507.

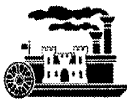
## Spring golf tournament scheduled

By Jeff Marmorstein

This year's spring golf outing is slated for Friday, April 14, and will be played at Quail Creek golf course in south St. Louis. The format has not been finalized, but it will be a type of team scramble. The anticipated cost is \$45, which includes golf with cart, cash prizes, and refreshments. This is a real bargain for one of the area's premier public courses. The tournament is open to all. We anticipate about 40 players.

Jerry Schwalbe is making the arrangements and putting together the teams. For more information call him at 8788.



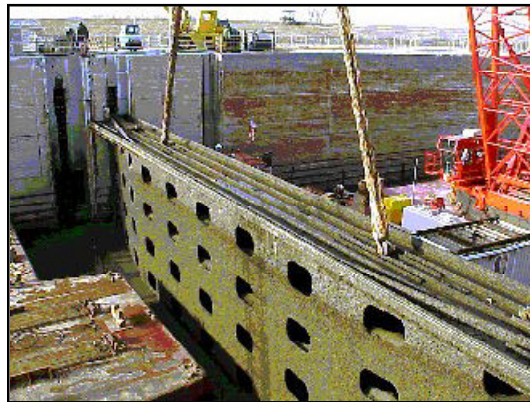


# St. Louis team completes Locks 27 chain replacement

By Paul Schmidt, Service Base Project Engineer

The worn-out upstream lift gate chains were replaced in the 1200-foot long main chamber of Locks 27 by a combined team of St. Louis District's Service Base and Locks 27 staffs. Using this team concept with our sister district, Rock Island provided the heavy lifting equipment and crew from their Peoria Office to raise the gate to a point where St. Louis staff could make the replacements.

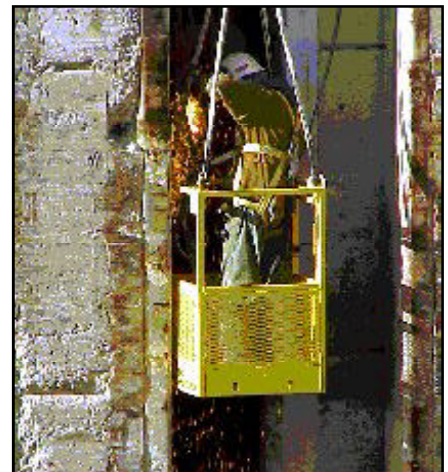
Heavy silt build-up inside the gate and zebra mussels all over the gate increased the total gate weight from its original 400,000 pounds to a whopping 656,000 pounds, wearing out the chain quicker than expected. That wear, combined with the inability to easily lubricate the underwater portion of the chain, means the gate could only be lifted to a fraction of its original design height. Before the design of the chain and machinery is corrected and new installations made, the chains had to be replaced in order to keep navigation flowing on the Inland Waterways.



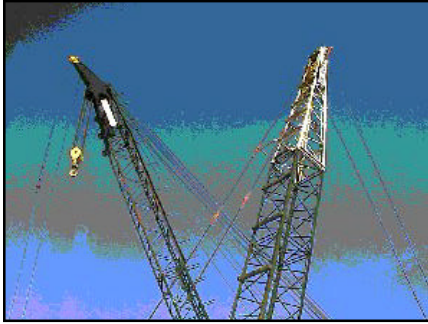
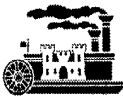
Rock Island District's HERCULES crane raised the 328-ton lift gate from its highest chain-lifted position to a point 16 feet higher, where the St. Louis District staff could slide support beams under it to hold its weight. Once the gate was supported by the beams, the Rock Island contingent returned to Peoria with our thanks and left the rest of the work to the St. Louis District team.



Once the gate's weight was supported by the beams and not the chain, our Service Base staff cut the old chain tied to the gate outside the lockwall. The pin holding that piece of chain to the side of the gate was taken out and the old chain was removed to a waiting barge. The remaining old chain inside the lockwall was still tied to the machinery and counterweight, and had to be removed.







The booms of two St. Louis District cranes fill the sky as St. Louis District team members worked to remove the remainder of the old chains. The experience, craftsmanship and flexibility of the St. Louis Con-Ops team was evident in developing and constructing on-site solutions to unexpected site conditions, problems that would have brought a regular construction contract to a halt.

Lock machinery fed the old chain out of the lockwall, where a waiting crane folds it up on top of the gate. Cold, wet and greasy working conditions are a normal part of life for the team on such projects, but safe, successful on-time operations result from detailed planning and cooperative teamwork.

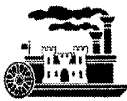


The last step in removal of the old chain was disconnecting it from the huge counterweight, which had previously been tied off to interior hangers. Once the old chain was entirely removed, a long sheet of galvanized steel was threaded down over the rough concrete path the new chain would follow when inserted, easing the installation and assuring no delays in a critical operation.

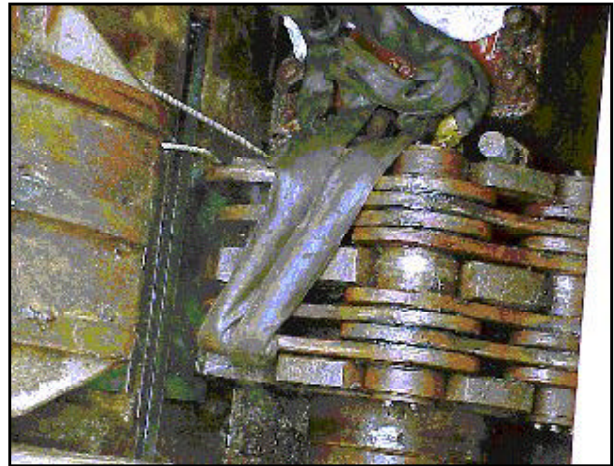
Here one of the two new 96-foot chains is raised off a barge with two lines from St. Louis's 125-ton Derrick SEWELL. The huge chain was carried to a position where the gate attachment end was readied for installation and the chain was fed down along the side of the gate.



(Continued on page 10)



## Chain replacement (continued)



Once the gate end of the new chain was attached to the side of the gate, the rest of the new chain was folded on top of the gate. The end to be attached to the counterweight was pulled into the lockwall with a smaller crane until the end was engaged over a huge powered sprocket in the lockwall. The sprocket machinery was then used to feed the chain down to the counterweight, where it was attached and the whole assembly lowered until all the slack was out of the chain. The gate was raised so the support beams, which had been carrying the gate's weight, could be removed and the lock was again in operation, passing traffic to keep America's inland navigation moving.

## Tips from the RM team

By Chris Bonucchi, RM

Starting this month we are publishing frequently asked questions and answers in the ESPRIT. If you have any questions you would like to have answered in this way please call or send us an E-mail.

**Question:** What is the mileage reimbursement for using a privately owned conveyance (POC) for temporary duty (TDY) travel?

**Answer:** Effective 14 January 2000 the rates are:

Car	\$.325/mile
Motorcycle	\$.26/mile
Airplane	\$.88/mile

What you need to remember is that the availability of Government vehicles affects these rates.

**Question:** What's the mileage reimbursement for using a POV for

permanent change of station (PCS) travel?

**Answer:** Reimbursement depends on the number of passengers in the car.

One (1) passenger	\$.15/mile
Two (2) passengers	\$.17/mile
Three (3) passengers	\$.19/mile
Four (4) or more	\$.20/mile.

These rates apply to uniformed service members and DOD civilian employees and their dependents.

**Question:** How do I know if I have been paid for my travel voucher?

**Answer:** There are several ways to check for this. Here are two examples:

You will need to sign on to CEFMS.

**Example 1**

3 Fin. Mgt.

5 Fin. Mgt

6 Expenditures/Disbursements

23 Accounts Payable/Disb. View Screen

7 View Disbursement Transactions  
F2 enter your travel order number in the obligations field.

F3 this will give you the check number and date.

If you receive payment by check it will say TCHEC next to the check number.

If you receive payment electronically, it will say EFT next to the check number.

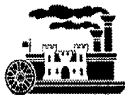
**Example 2**

From any menu enter 7.27 in the selection box. This will 'smart path' you to CEFMS screen 7.27 (verification of certified travel settlements).

F2 enter your travel order number,

F3 this will give you the settlement amount, payment method (check vs. EFT) and the date of payment.





# Crews repair guidewall in minimum time

By Bob Lockhart

Photos by Gary Buckholtz

Because of the low water levels on the Mississippi River this winter, the lock chamber at Kaskaskia Lock & Dam was forced to suspend operations for three and a half days in January. The downstream floating guidewall was damaged when it

The MV *Prairie Du Rocher*, crewed by Melvin (Whiskers) Papin from the Dredge Potter, Dennis Dunn from Locks 27, assisted by the Kaskaskia crew, pulled the guidewall out of the mud and moved the unit into the lock chamber, causing the closure. The maintenance crew performed the needed repairs to the

guidewall pontoons, while the area normally covered by these pontoons was dredged out.

The Dredge America spent several days removing a 26-year accumulation of silt from the area downstream of the lock chamber and around the guidewall anchor points. While in the area, the dredge also provided maintenance to the navigation channel from the lock chamber to the junction of the Kaskaskia and Mississippi Rivers.

Mother Nature even provided a string of nice days while most of this outdoor work was in progress. The result was a job that might have had several slowdowns, but was completed in minimum time with no surprises.

**MV *Prairie Du Rocher* pushes floating guidewall into place.**

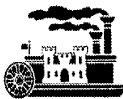


settled into the mud, which necessitated its removal and repair, and dredging of the area around its anchor points.

American Underwater Diving Co. assisted in retrieving a coupling slide that sank to the river bottom when it was torn free from its connection. The Kaskaskia maintenance crew, Rick Stubits, Steve Deterding, Mark Griffith and James Deterding, were able to uncouple the guidewall sections.



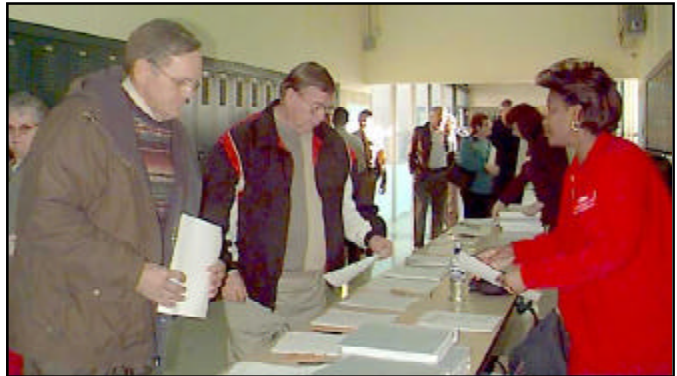




# L-15 Project Workshop



Col. Morrow chats with Terry Hillig of the Post Dispatch.



JoAnn Long registers visitors and distributes information.

Story and photos by Terrie Hatfield

In January, the District held an informational public workshop at the Orchard Farm High School in St. Charles county for the Missouri River Levee System Unit L-15 Project. The L-15 project is designed to improve certain segments of the levee along the left bank of the Missouri River to a consistent 20-year level of flood protection.

Because of widespread misinformation, the citizens of the project area and citizens in Grafton and Alton, Illinois, were unduly concerned about impact to their communities. Col. Morrow, Dennis Woodruff, Project Manager, and the project delivery team felt that an informal workshop forum would afford concerned citizens the opportunity to discuss and deal one-on-one with project team members in a relaxed setting.

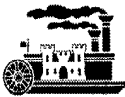


Dave Leake and Owen Dutt discuss project issues with Congressional Liaison Gary Elmelstad and attorney Phil Ohlms.



Residents complete public comment forms.

A videotape, which explained the specific objectives of the project and affected areas, ran continuously at the entrance to the meeting room. Many visitors consulted the tape frequently to clarify information. Members of the public, congressional representatives, and the media discussed various project aspects with specialists in a variety of technical functions, and questions and comments were solicited from attendees. These questions and comments were collected, discussed, and concerns were addressed with appropriate personnel.



**Enlightenment**



**Col. Morrow and Owen Dutt discuss flooding concerns with a Grafton resident.**

Attendees were appreciative of the Corps' interest in their concerns and explanations were well-received. All participants felt the workshop was well worth the time and effort put forth by the District. Most importantly, relationships were established which generated trust and confidence in the District's capabilities, and served to assure the citizens and other concerned parties that the District and the Corps are sincere in their efforts, and our projects are in the best interest of the area citizens.



**Ron Dieckmann clarifies project impact with very concerned residents.**

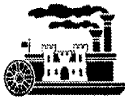


**Lynn Neher and Mike Daily discuss environmental concerns with a local resident.**



**Tim Nelson alleviates real estate concerns, while Mike Hamm responds to technical questions.**





# Joey Luebbert bobs & weaves to playoff tickets

A child born in the USSR usually isn't expected to become a symbol of the All-American spirit, but Joey Luebbert did. Joey, adopted five years ago in Russia by Jim and Mary Ann Luebbert, of St. Louis, Missouri, began watching the St. Louis Rams on TV with his dad, an avid football fan. At a very young age, Joey became extremely adept at performing the Ram's victory dance, the Bob & Weave. When Jim learned of the children's Bob & Weave contest at Union Station, especially the part about a pair of free playoff tickets to the winner, Joey became a contestant.



Joey performs for Dick Vermiel and Billy Long (to Vermiel's right). Long, the strength and conditioning coach, coined the phrase, "Gotta go to work."



Joey gives a thumbs up after his winning performance.

This not-shy five-year-old danced his little heart out (he knew what was at stake). Of course he was the best - Dad had been teaching him the Bob & Weave since his arrival. It was, therefore, no big surprise when Joey suddenly found himself the proud owner of playoff tickets to the Rams/Tampa Bay Buccaneers game. Naturally he chose to take his best friend, Dad, as his guest.

Not only did the Luebbert men have free tickets, but as you can see, they were in some very sophisticated company, as the one and only Dick Vermiel, Head Coach of the 2000 Superbowl Champion St. Louis Rams looks on.

Jim, a historian in the Ordnance and Technical Support Branch, told everyone how excited Joey was, but it was quite evident that there were two very excited boys in the presence of the Rams and in the stands the following weekend. A child born half a world away became the ultimate All-American Kid.

## Golf league recruiting new players

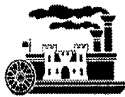


by Jeff Marmorstein

The St. Louis District golf league starts on Tuesday, April 18. The league will continue to play at Clinton Hills golf course near Fairview Heights. Teams will be reformed this year. The number of teams will depend on the level of interest. All District employees and retirees are invited to play. Both new and returning members should contact the League Secretary, Leonard Hopkins (8348), to get on the roster.

(Continued on page 17)





## Get E-mail without a PC

For anyone who just wants e-mail and Web access, there are gadgets available that do both and without the headaches of a personal computer. They feature no crashing, no booting up, and no huge expense.

A new type of device called an "information appliance" is essentially a cheap, simple digital item that comes in various sizes and shapes and is dedicated to going online. Some surf the Web and others strictly do e-mail.

Once you're on the Web and using e-mail, nobody cares how you got there or whether your instrument is a \$100 item or a \$3,500 item. Technology expert Walt Mossberg of **The Wall Street Journal** says these devices are worth considering.

**WebTV**, presently the king and pioneer in the info-appliance world, is a great device that has nearly a million users. It looks like a little VCR or cable TV box and hooks up to the television set the same way, except that you also must plug it into a phone jack. Prices range from \$99 to \$199 plus whatever your internet service provider charges per month. It works with any computer keyboard.

The \$99 model does the basics. The \$199 adds the ability to watch TV in a small window while surfing the Web, an online screen guide to TV programs, and the ability to add video and audio chips to e-mail.

**SEGA Dreamcast** is actually a game machine, but every unit has a modem and functions as a Web access terminal. Even if you don't care about games, you can get online. Cost is \$199 and includes keyboard.

## Our new employees



John Zacher, structural engineer, brings a wealth of design experience to the Structures Section. He received his BS and MS in Civil Engineering from the University of Missouri at Columbia and gained his experience in structural design of locks and dams while working on Corps projects as an employee for A/E firms.

Dan Bamert, civil engineering technician, comes to us from Rock Island District. Dan's experience in providing technical support to structural engineers will make him a valuable addition to the Structures Section.



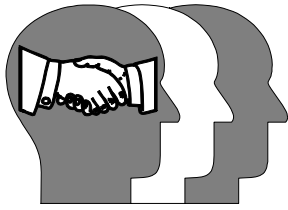
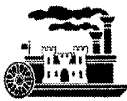
Welcome to Teresa Gregor, student trainee in the Real Estate Division. Teresa lives in Hazelwood, Missouri, and is a former accounting Associate with Triplos, Inc.

## Quote of the month

Not even the universe with its countless millions of galaxies represents greater wonder or complexity than the human brain. The human brain is a mirror to infinity. There is no limit to its range, scope, or capacity for creative growth.

Norman Cousins (Head First)

For about \$400, there are several devices that have their own modems built into them. One compact unit is the **IPhone 2050** by InfoGear. It's a two-line phone with answering machine, modem and Web capabilities. It's sold by a company called Big Planet: [www.bigplanet.com](http://www.bigplanet.com).



# EEO matters

## Dr. Carter G. Woodson (Founder of Black History Month)

For many African-Americans Black History Month gives them a chance to look back at the achievements of their distant and recent ancestors.

There is an anxiety that follows with stating "a Black man invented this or that....." The first reaction by Black or White alike, is a look of surprise or a response of "really". Why are people surprised to know that blacks are the inventors of such items as the refrigerator, clothes dryer and fire extinguisher. The look of surprise is not a coincidence. There was a period in world history when black history was deliberately destroyed or falsified. A symbolic event that probably best marks the start of this period is 1798 when Napoleon Bonaparte invaded Egypt. Napoleon disapproved of the African facial features of the Great Sphinx of Ghizeh, so he ordered his officer to blast its nose off with cannon fire. Today, the Sphinx still bears the scar of that cannon blast and, subconsciously, so do many African-Americans. Since that event, Europeans have recorded history under the same prescript: If its African roots cannot be masked in a European disguise, then destroy it! This was the legacy of Napoleon's sym-

bolic act, and this is what necessitated the start of Black History Month ( a month of historic restoration).

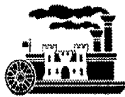
Black History Month (formerly Negro History Week) is the first intellectual challenge to the centuries of misinformation about Africa and its inhabitants. The founder of the month was Dr. Carter G. Woodson. Dr. Woodson went from being a West Virginia coal miner at 17, to obtaining his high school diploma with honors. He went on to Harvard, obtaining his Masters and Ph.D. degrees. He also studied at the Sorbonne in Paris, where he was one of its most brilliant students in French language and literature.

With the arrogant attitude that is pervasive today in many educated African-Americans, you would probably guess that Dr. Woodson would look down on his people. To the contrary, the more educated he became, the more he looked up to his people. As Dr. Woodson developed himself as a scholar, he began to recognize a troubling pattern in history and literature books. He became convinced that Africans were intentionally omitted from history, and if they were mentioned, it was done to advance a misconception about Africa in its inhabitants. This imparted to Europeans a false sense of superiority and to

Africans a false sense of inferiority. Dr. Woodson felt personally concerned about the effect falsified history of Africa was having on the self-esteem of his people. This motivated him to make a deliberate decision to terminate his teaching career and devote his full attention to restoring Africans to their rightful place in world history. Dr. Woodson's vehicle to promote Black history was "Negro History Week" started in 1916, (later becoming Black History Month). His stated purpose for "Negro History Week" was to hand down information about Africans that had been altered, dismissed or ignored.

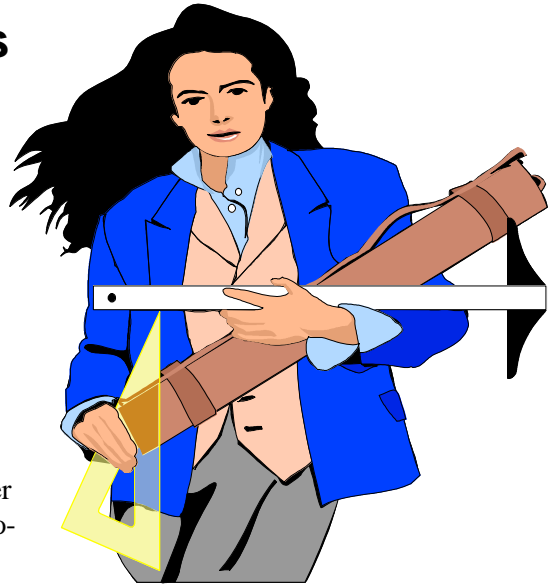
According to archaeological research, African people were the only people on earth for the first 100,000 years of human history. Why is this significant? It means that the remnants of African culture can be readily discovered on every continent and in many cultures.

Dr. Woodson wanted Black history celebrated, unrestricted and international in scope. He understood the power that accurate history can have on a people's collective self worth. When inventions and triumphs by blacks are no longer a "surprise," that will be the indicator that true black history has permeated all cultures. That will only happen when Black scholars and writers begin chronicling the lives of Blacks like Pushkin, Dumas and Beethoven, and challenge history writers that intentionally ignore and dismiss their African ancestry.



## Theme of March, National Women's History Month:

# 'An Extraordinary Century for Women - Now, Imagine the Future'



Women in the 20th century made unique contributions to the nation and the world. Now the National Women's Project asks them to "Imagine the Future."

In the 21st century, women are in a position to do even more. But consider these outstanding Americans and their accomplishments:

**EXPLORATION:** Dr. Sylvia Earle, explorer and marine scientist, led more than 50 expeditions worldwide, including the first team of women aquanauts during the 1970s. Currently, she is the founder and CEO of Deep Ocean Engineering, Inc., a company that manufactures underwater equipment.

**JOURNALISM:** Eileen Welsome, a former Albuquerque,

N.M., newspaper reporter, her 1990 reporting on human plutonium experiments during the 1940s won a Pulitzer Prize in journalism. Her book, *The Plutonium Files*, has recently been published by The Dial Press.

**SPACE:** USAF Lt. Col. Eileen Collins, in 1990, was the first female pilot selected by NASA. In 1995, she became the pilot on the 67th shuttle flight. She commanded the space shuttle Columbia in 1999. Mae Jemison, M.D., was the first African-American woman to fly in space on the 50th space shuttle mission.

**THE ARTS:** Maria Tallchief, the daughter of the Chief of the Osage Indians, gained international stardom as a prima ballerina of the New

York City Ballet. In 1980, she and her sister, Marjorie, founded the Chicago City Ballet.

**SCIENCE:** Rachel Carson is considered to be the mother of the environmental movement. As a biologist and writer, she touched off an international controversy about the effects of pesticides with her 1962 book *The Silent Spring*. The book served as the foundation of modern ecological awareness.

**LAW:** Sandra Day O'Connor, in 1981, was appointed as the first female U.S. Supreme Court Justice.

## Golf league (continued)

### Golf Questions and Answers:

**Q.** Why should I want to join the Golf League?

**A.** Lots of reasons. Fun, exercise, a chance to socialize with your co-workers and meet new people in a relaxed atmosphere, friendly competition, and an opportunity to improve your skills. With the teams reorganizing this is a particularly good time for new members to join.

**Q.** When does the golf league play?

**A.** The League Tees Off between 4:00 and 4:30 p.m. each Tuesday beginning April 18. The League continues for 18 weeks. Playoffs and a Fall tournament follow.

**Q.** What is the skill level required?

**A.** To be a member of the league you should know and follow the rules of golf and proper golf etiquette. The league has members of all skill levels. Matches are made between golfers

of similar ability and handicaps are used to ensure competitiveness.

**Q.** Isn't it a men's league?

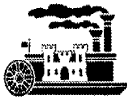
**A.** Absolutely not. All employees and retirees are welcome. Women golfers may choose to hit from the short tees.

**Q.** What if I can't play every week?

**A.** The teams will consist of approximately 8 players of which 4 must play on any given week. This means that an "average" player will play

(Continued on back page)





## To your health

### Paget's Disease

Information contributed by Sharon Hornback

The name "Paget's Disease" is not typically associated with breast cancer. Commonly, Paget's Disease refers to a disease involving bone destruction and regrowth, which results in deformity. Many people are not aware that Paget's Disease can also manifest itself as a rare and little known form of breast cancer which forms on the outside of the breast, on the nipple and areola. It appears as a rash which later becomes a lesion with a crusty outer edge. Lesions or rashes on the nipple or areola are symptoms not normally associated with breast cancer, but should be checked out.

This is one woman's story: "Sometimes the rash itched and was sore. It looked ugly and would not clear up with the topical creams the doctor had prescribed for dermatitis (inflammation of the skin), so I sought further medical advice. The doctors seemed somewhat concerned, but did not warn me that it could be cancer-

ous. Symptoms vary and appear to be harmless. It is frequently thought to be a skin inflammation or infection, leading to dangerous delays in detection and care.

"Mine started out as a single red pimple on the areola. Symptoms include a persistent redness, oozing, and/or crusting of the nipple causing it to itch and burn (not all symptoms must be present), and/or a sore on the nipple that will not heal. Usually only one nipple is affected.

"Too late I was informed of how this type of cancer is diagnosed. After conducting a physical exam, the doctor should immediately schedule a mammogram of both breasts. Even though the redness, oozing and crusting closely resemble dermatitis, cancer should be suspected if the sore is only on one breast. A biopsy should be conducted. If cancer is found, and is only in the nipple and has not spread to the breast, the doctor may recommend removing the nipple and surrounding tissue or begin radiation treatments.

"Had my doctor diagnosed and begun immediate treatment, instead of merely assuming dermatitis, perhaps the consequences would have been less severe, and the cancer wouldn't have spread to my lymph nodes and then to my bones. I am receiving mega doses of chemotherapy, 28 treatments of radiation and taking medication."

What you can do for early detection of possible kinds of breast cancers: Check nipples for cysts, eczema, ulcers, discharge, bleeding, change in shape or location; check breast shape for change in size or contour, bulges, flattening, indentation (including armpit area); and check breast surface for puckered skin, dimples, bulges, moles that have enlarged or darkened, lumps or thickenings, sores. Do not assume the worst, but do not assume "it can't happen to me." If you encounter an irregularity through self-examination, seek medical attention immediately.

**MEN:** Are you aware that not only women get breast cancer?

## *March is National Nutrition Month*

### Building a better diet, a stronger body

A better diet can reduce the risk of many diseases. The U.S. Department of Agriculture gives these instructions on achieving it:

**Eat less fat,** especially saturated fat. This one step can reduce the risk of heart disease, cancer, stroke, diabetes, and gastrointestinal disease.

**Control calories.** Often eating less fat automatically results in weight

loss. Fat has more than twice as many calories per gram as carbohydrates or proteins.

**Increase carbohydrates.** The American Heart Association says a daily menu should consist of 50 to 60 percent carbohydrates including pasta, grains, fruits and vegetables.

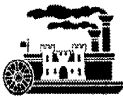
**Get more fiber.** Insoluble fiber passes intact throughout the intestinal

tract. It helps to rapidly rid the body of possible carcinogens.

**Eat less salt.** Too much sodium can lead to elevated blood pressure and hypertension. Look for low-sodium labels on foods.

**Limit alcohol.** Alcohol is a risk factor for head and neck and breast cancers, osteoporosis and liver dis-

(Continued on back page)



# Retiree Review

## February

By the Retiree Correspondent

January 20th may have been about the coldest day of the season and the year, but that didn't prevent the retirees from having their monthly luncheon at the Salad Bowl. It was a lively group and they helped celebrate a birthday and a great milestone.

Charlie Denzel made arrangements to have a surprise birthday party for his lovely wife, Jane. From all indications, it worked very well. She said that she was truly surprised. Charlie even had their daughter, Donna come for lunch and the festivities. How old is Jane, you may ask? Well it has been said that you never ask a lady her age. Suffice it to say that she is old enough to have celebrated over 25 years of marriage to Charlie. **C O N G R A T U L A T I O N S !!!!!** Jane. We hope you have many more such days. Charlie had Rich Mills and his wife, Mary, together with Bill Sutton and his wife, Judy, pick up the cake. He said that would insure a few more retirees to attend the luncheon.

Lew Scheuermann said that he had not heard from the Huizengas since the holidays. He assumes that they are in good health and are probably traveling. He also mentioned that he hasn't heard from the Jim Bakers. Jim is obviously improving his golf game, since the weather in the San Diego area is perfect to do that. Lew mentioned that he recently played golf with a former District employee who retired and returned to the St. Louis area--Lee Robinson. If anyone wants Lee's address, call Lew.

Charlie Denzel mentioned that one of the retirees had reached a milestone that we all want to attain--becoming a nonagerian. Wow, Charlie where did you get that word? We had to look it up, and there is such a word. It means being of age between 90 and 100 years. The honor belongs to Bob Maxwell. **CONGRATULATIONS!!!**

Bob was asked about his golf game and he said that he can still hit a ball 200 yards, but don't ask how many strokes it takes. (Most of us would be happy to just be able to get to the golf course, much less hit the ball.) Bob said that he had a retiree in training. He will attain the same milestone in a few months. Who is this trainee--- John Jansen.

John Jansen said that he was truly in a trainee capacity, but not to fear about his hitting a ball as far as Bob. First, he doesn't play golf, and second he never could hit a tennis ball that far even when he was younger. John said that he recently met Ruddle Spring and they discussed Ruddle's adventures on the river. For the uninformed, Ruddle was the Master of the **PATHFINDER** for many years before he retired. John also mentioned that he recently had lunch with Warren Hartke and everyone is doing just great.

Don Wampler and Charlie Denzel were the story tellers, and they did a great job.

The February luncheon is scheduled for the 17th, at the Salad Bowl. Mark your calendars and hope that the weather cooperates.

## March

The retirees, some of them anyway, met on February 17 at the Salad Bowl. The weather forecast was for real bad weather, with rain and sleet and possibly some snow. As a result, only a few adventuresome made it out and had an enjoyable time.

Lew Scheuermann said that he was hoping that the weather would hold out until early afternoon, so that everyone could get home. He also said that he assumed that the Bakers and the Huizengas were all right, since he had heard nothing from them. Lew asked if anyone was contacted by the golf league for the up-coming year. It was his understanding that the number of players is shrinking and that there will be a reshuffle of the players into new

teams. The Spring Tournament is scheduled for Friday, April 14, possibly at Quail Creek. The league is to start the following Tuesday, April 18, at Clinton Hills. He hoped that there would be a good turn out for both the tournament and league.

Bob Lutz said that he heard from Gordon Davis and that, due to a family matter, he would not be able to attend, but hoped to see the gang next month. Gordon also said he will try to bring Emmett Hahn if he is in town.

Charlie Denzel said that John Jansen is feeling good and is expecting to start volunteering again. John gives of his time at St. Anthony's Health Center, and does a great job. They will be looking for his return.

(Continued on back page)

## Retiree Review (continued)

Joe Bisher mentioned that he had a great experience just recently. It seems that the St. Louis Rams asked his American Legion Post No. 111 to present the Colors during the National Anthem before the November 14 game with the Carolina Panthers. Joe took advantage of the opportunity and of course had a picture taken with the Rams Cheerleaders. Knowing Joe, you can find him right next to all the pretty girls. (You can't miss him. He is the one with the white mustache.) Congratulations Joe. Keep up the interest of the retirees.



Since there were just a few retirees in attendance, there wasn't much information exchanged. Bob Lutz, Don Wampler and Joe Bisher did provide some good stories.

Let's mark the calendar for the third Thursday of March, the 16th, at the Salad Bowl at about 11 a.m. Hope to see you there.

### Editor's note:

We were saddened to learn of the recent death of Edna Jacob, January 31. Edna was 95. She was the secretary to the Chief of Engineering when she retired.

Claude Strauser remembers her as, "a very disciplined lady, no fooling around, and very exacting in the execution of her duties."

At one point, when all the secretaries were taken away from the Branches and put into a typing pool, Edna was placed in charge. She was in charge when the transition was made from typewriters to word processors.

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## Nutrition (Continued)

ease. More than two drinks a day may increase the risk of high blood pressure and stroke.

**Get more calcium.** Ninety-nine percent of your body's calcium is stored in your bones and teeth. The remaining one percent is in blood and soft tissues. Without it, muscles don't contract properly, blood won't clot, and nerves don't carry messages. It's found in dairy products, dark green vegetables and fortified juice.

**Increase potassium.** It's used for muscle contraction and regulation of heartbeat. Potassium also regulates blood pressure and maintains proper water balance in cells. The best sources are fruits and vegetables.

## Golf league (continued)

about 9 matches during the season. Scheduling the players is done by each team's captain and is very flexible. Vacations and work commitments are always accommodated.

**Q.** Isn't it expensive?

**A.** It costs only \$20 to join the League. Greens fees are \$10 if you walk or \$17 with a riding cart. Greens fees are only paid on the days you play.

**Q.** Who can I contact for further information?

**A.** The league officers are: Jeffrey Marmorstein (8084), Jerry Schwalbe (8788), and Leonard Hopkins (8348). Each of them will be happy to answer your questions.